



Potomac Seniors

January-February 2007

Tuesday

10 a.m. – 2 p.m.



Program Director: Anya Hoffman • 11315 Falls Road, Potomac, Maryland • 240-777-6960

Potomac Senior Neighborhood Program offers a wide variety of activities designed with the seniors in mind. Activities include fitness, wellness, and socialization, creative and educational opportunities. There is bus transportation available for eligible persons. Call for reservation. Suburban Hospital provides a nurse for blood pressure screening on the second Tuesday of each month. It's a great place to spend your day.

Seniors can exercise almost everyday of the week free of charge. Tai Chi (Monday, Wednesday, Friday, 10:15-11:15); Suburban Hospital's Senior Shape (Tuesday, Friday, 10:15-11:00am, call 301-896-3939 to register) or Chair Exercise (Tuesday, 10:30-11:00am, drop-in community room).

Inclement Weather Policy

When Montgomery County Public Schools [MCPS] are **closed**, all senior classes and programs including lunch and transportation are **cancelled**. If MCPS has a **delayed opening**, senior programs will be held as usual.

During inclement weather, please listen to your radio for possible school closings or delayed openings.

Happy New Year!!

January 2007

Tuesday, January 2

10:00 am - 12:00 noon

1:00 pm – 2:00 pm

Coffee and Tea, Puzzles, Exercise and Games

White Elephant Bingo

Tuesday, January 9

10:00 am - 10:30 am

11:00 am – 12:00 noon

**Blood Pressure Screening by Suburban Hospital
Mr. Arnold Lear from SHIAP**

Mr. Lear will bring information from the Senior Health Assistance Program.

1:00 am – 2:00 pm

Music Lecture

Victor Dyni will discuss music of the 19th century.

Tuesday, January 16

10:00 am – 11:00 am

11:00 am – 12:00 noon

1:00 pm – 2:00 pm

Puzzles, Exercise and Games**Arts For The Aging Performer****PIP Afternoon****Tuesday, January 23**

10:00 am – 11:00 am

Puzzles and Mind Exercises

Get your brain exercised with physical and mental work out.

12:30 pm - 2:00 pm

Movie and Popcorn Afternoon

The film is “**Eight Below**”. It is a story of the remarkable husky dog teams and how one particular team and one man formed an unbreakable bond.

Tuesday, January 30

10:00 am – 12:00 noon

1:00 pm – 2:00 pm

Coffee and Tea, Puzzles and Exercise**Swimming With Dolphins**

Elliott Ryan will discuss swimming with dolphins In the wild. He will have a video to prove it.